APPENDIX 13–A

QUICK REFERENCE EMERGENCY PLAN FOR A STUDENT WITH DIABETES

Quick Reference Emergency Plan
for a Student with Diabetes

Hyperglycemia
(High Blood Sugar)

Student’s Name

Grade/Teacher

Date of Plan

Emergency Contact Information:

<table>
<thead>
<tr>
<th></th>
<th>Mother/Guardian</th>
<th>Father/Guardian</th>
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</thead>
<tbody>
<tr>
<td>Home phone</td>
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<tr>
<td>Work phone</td>
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<tr>
<td>Cell phone</td>
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</tbody>
</table>

School Nurse/Trained Diabetes Personnel Contact Numbers

<table>
<thead>
<tr>
<th>Contact Numbers</th>
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</thead>
<tbody>
<tr>
<td>Work phone</td>
</tr>
<tr>
<td>Cell phone</td>
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<tr>
<td>Home phone</td>
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</tbody>
</table>

Causes of Hyperglycemia

- Too much food
- Too little insulin
- Decreased activity
- Illness
- Infection
- Stress

Onset

- Over time—several hours or days

Symptoms

Mild
- Thirst
- Frequent urination
- Fatigue/sleepiness
- Increased hunger
- Blurred vision
- Weight loss
- Stomach pains
- Flushing of skin
- Lack of concentration
- Sweet, fruity breath
- Other:

Moderate
- Mild symptoms plus:
  - Dry mouth
  - Nausea
  - Stomach cramps
  - Vomiting
  - Other:

Severe
- Mild and moderate symptoms plus:
  - Labored breathing
  - Very weak
  - Confused
  - Unconscious
  - Sweet, fruity breath
  - Lack of concentration
  - Increased hunger
  - Frequent urination
  - Fatigue/sleepiness
  - Increased hunger

Actions Needed

- Allow free use of the bathroom.
- Encourage student to drink water or sugar-free drinks.
- Contact the school nurse or trained diabetes personnel to check urine or administer insulin, per student’s diabetes medical management plan.
- If student is nauseous, vomiting, or lethargic, _____ call the parents/guardian or ____ call for medical assistance if parent cannot be reached.

Circle student’s usual symptoms.
Quick Reference Emergency Plan
for a Student with Diabetes

Hypoglycemia
(Low Blood Sugar)

Student’s Name

Grade/Teacher

Date of Plan

Emergency Contact Information:

Mother/Guardian

Father/Guardian

Home phone

Work phone

Cell phone

Emergency Contact Information:

School Nurse/Trained Diabetes Personnel Contact Numbers

Never send a child with suspected low blood sugar anywhere alone.

Causes of Hypoglycemia

- Too much insulin
- Missed food
- Sudden
- Delayed food
- Too much or too intense exercise
- Unscheduled exercise

Symptoms

Mild

- Hunger
- Shakiness
- Weakness
- Paleness
- Anxiety
- Irritability
- Dizziness

Moderate

- Headache
- Behavior change
- Blurry vision
- Confusion
- Poor coordination
- Other:

Severe

- Loss of consciousness
- Seizure
- Inability to swallow

Actions Needed

Notify school nurse or trained diabetes personnel, If possible, check blood sugar, per diabetes medical management plan. When in doubt always TREAT FOR HYPOGLYCEMIA.